

## Full Report (All Nutrients) 20018, Corn flour, yellow, degermed, unenriched

Report Date: June 27, 2017 03:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.46 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 126g
<b>Proximates</b>					
Water	g	9.81	2	--	12.36
Energy	kcal	375	--	--	472
Energy	kJ	1569	--	--	1977
Protein	g	5.59	2	--	7.04
Total lipid (fat)	g	1.39	2	--	1.75
Ash	g	0.46	2	--	0.58
Carbohydrate, by difference	g	82.75	--	--	104.27
Fiber, total dietary	g	1.9	2	--	2.4
Sugars, total	g	0.64	--	--	0.81
<b>Minerals</b>					
Calcium, Ca	mg	2	2	--	3
Iron, Fe	mg	0.91	2	--	1.15
Magnesium, Mg	mg	18	2	--	23
Phosphorus, P	mg	60	2	--	76
Potassium, K	mg	90	2	--	113
Sodium, Na	mg	1	2	--	1
Zinc, Zn	mg	0.37	2	--	0.47
Copper, Cu	mg	0.142	2	--	0.179
Manganese, Mn	mg	0.056	2	--	0.071
Selenium, Se	µg	8.0	--	--	10.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	2	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 126g
Thiamin	mg	0.074	2	--	0.093
Riboflavin	mg	0.058	2	--	0.073
Niacin	mg	2.656	2	--	3.347
Pantothenic acid	mg	0.052	2	--	0.066
Vitamin B-6	mg	0.097	2	--	0.122
Folate, total	µg	48	--	--	60
Folic acid	µg	0	--	--	0
Folate, food	µg	48	--	--	60
Folate, DFE	µg	48	--	--	60
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	11	--	--	14
Retinol	µg	0	--	--	0
Carotene, beta	µg	97	--	--	122
Carotene, alpha	µg	63	--	--	79
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	214	--	--	270
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1355	--	--	1707
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	0.19
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.4
<b>Lipids</b>					
Fatty acids, total saturated	g	0.171	--	--	0.215
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.001
14:0	g	0.001	--	--	0.001
16:0	g	0.140	1	--	0.176

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 126g
18:0	g	0.025	1	--	0.032
Fatty acids, total monounsaturated	g	0.274	--	--	0.345
16:1 undifferentiated	g	0.004	--	--	0.005
18:1 undifferentiated	g	0.274	1	--	0.345
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.695	--	--	0.876
18:2 undifferentiated	g	0.673	1	--	0.848
18:3 undifferentiated	g	0.022	1	--	0.028
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0